



Newton-le-Willows Primary School

Nurture the Potential to Succeed



PSHE Long Term Plan 2023-2024

Our PSHE curriculum is split into three strands: **Relationships**, **Living in the wider world** and **Health and Wellbeing**. The 3 different topics taught over a term will fall into one of these categories.

	Autumn			Spring			Summer		
	Being me	Growing and changing	Respecting ourselves and others	Physical health And well being	Keeping safe	Positive relationships	Belonging to a community	Aspirations and money sense	Media and digital resilience
EYFS N	The children will be introduced to the regulation station in class. They will be encouraged to talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. (PSED)	Children will explore growth in plants and seeds. They will understand the key features of the life cycle of a plant and an animal. They will begin to understand the need to respect and care for the natural environment and all living things. (UW)	Play with one or more other children, extending and elaborating play ideas (PSED) Help to find solutions to conflicts and rivalries (PSED) Begin to understand how others might be feeling (PSED) Show more confidence in new social situations. (PSED) The children will start a conversation with an adult or a friend and continue it for many turns. (CL) They will use talk to organise themselves and their play. (CL)	Children will understand a question or instruction that has two parts, such as: "Get your coat and wait at the door". (CL) Be increasingly independent as they get dressed and undressed (PD) Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. (PSED) Make healthy choices about food, drink, activity and toothbrushing. (PSED)	Children will increasingly follow rules, understanding why they are important. They will not always need an adult to remind them of a rule. (PSED)	Become more outgoing with unfamiliar people, in the safe context of their setting. (PSED) Develop appropriate ways of being assertive (PSED) Talk with others to solve conflicts (PSED)	Develop their sense of responsibility and membership of a community. (PSED) Continue to develop positive attitudes about the differences between people (UW) Show interest in different occupations. (UW)	Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. (PSED)	This topic will introduce children to the different IT platforms they use at home and school and begin to understand the importance of keeping safe on line through stories.

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Self-motivation Teamwork Resilience Independence Vision Emotional Intelligence

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EYFS R	<p>The children will be introduced to self-regulation. They will begin to understand the importance of listening attentively and following instructions accurately. They will use talk to help work out problems and organise thinking and activities, explain how things work and why they might happen. (C&L)</p> <p>They will begin to develop social phrases. (C&L)</p>	<p>This topic teachers children to be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>	<p>This topic will focus on the importance of building relationships. They will work and play co-operatively and take turns with others. Children will form positive attachments to adults and friendships with peers. Children will show sensitivity to their own and other's needs.</p> <p>They will Identify and moderate their own feelings socially and emotionally. (PSED)</p> <p>They will think about the perspectives of others. (PSED)</p> <p>They will recognise that people have different beliefs and celebrate special times in different ways. (UoW)</p>	<p>Children will learn to manage their own basic hygiene and personal needs, including dressing, toileting, washing hands and the importance of healthy food choices.</p> <p>They will Know and talk about the different factors that support their overall health and wellbeing: - being a safe pedestrian</p>	<p>In this topic, children will understand the need for rules and know right from wrong. Children will try and behave accordingly and adjust their behaviour as necessary.</p> <p>They will Know and talk about the different factors that support their overall health and wellbeing: - being a safe pedestrian</p>	<p>Children will build relationships in the setting. They will work and play co-operatively and take turns with others.</p> <p>They will express their feelings and consider the feelings of others. (PSED)</p> <p>They will show resilience and perseverance in the face of challenge. (PSED)</p>	<p>In this topic, children will show an understanding of their own feelings and those of others. They will begin to regulate their behaviour accordingly. They will talk about members of their immediate family and community (UoW)</p> <p>They will name and describe people who are familiar to them. (UoW)</p>	<p>The children will work towards simple goals and develop. They will continue to work on self-regulation with a focus on patience. Children will take turns and share where appropriate. They will see themselves as a valuable individual. (PSED)</p>	<p>This topic teaches children about the importance of staying safe online.</p>

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Year 1	This topic teaches the children about the different people who care for them and their roles in their care; what a family is and how they can be different, and the importance of sharing worries.	This topic teaches the children about why they are unique; who to speak to when they need help; similarities and differences with others and recognizing feelings and their effects.	In this topic the children will develop an understanding of what kind and unkind behavior is, and how it makes others feel; respect and attitudes towards learning.	Children will understand why it is important to be healthy; basic hygiene routines; how exercise and diet keep us healthy; who keeps us healthy; about balancing our lifestyles (indoor and outdoor).	In this topic, children will focus on how rules protect us; why age restrictions exist; basic rules for keeping safe online and who to tell if online content makes us feel worried.	The children will learn about how feelings can be hurt; keeping parts of their body private and how touch can be appropriate but also make others feel uncomfortable.	In this topic, children will focus on rules in different situations; how people have different needs and how to care for people, animals, other living things and the environment.	The children will learn about people having different strengths; how these strengths relate to different jobs; people's role in the community and the different jobs people do.	Children will understand how and why the internet is used; the benefits of the digital age and how to find things and communicate safely online.
Year 2	In this topic, children will learn how to be a good friend; ways to make friends; how to play positively; ways to resolve arguments and when to ask for help when feeling lonely or unhappy.	In this topic, children will focus on our life cycle; knowing the name for parts of our body and transitions in school life.	This topic teaches the children about having things in common and differences; how to play and work cooperatively and ways to share Opinions.	The children will learn about why sleep is important; medicine and vaccines can keep us healthy; the importance of dental health healthy and ways to manage feelings and ask for help with them.	The children will learn about being safety in different environments; what the risks are at home and how to stay safe and how to get help in an emergency.	Children will learn to spot hurtful behavior and who to tell; what bullying is and associated feelings and how to seek help about secrets or pressure that makes us feel uncomfortable.	Children will learn about belonging to a Group, and their roles and responsibilities; how these will be different in school and how different people can feel part of a community.	In this topic children will focus on what money is; the difference between needs and wants and how they can save look after their finances.	This topic teaches the children about how the internet is used in everyday life; factual and entertaining online content and fake information.

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Year 3	Children will learn about the different types of families; the positive aspects of being part of a family and the different features of family life.	In this topic the children will learn about recognizing personal strengths and achievements; challenges to our self-worth and managing and re-framing setbacks.	In this topic, the children will learn to recognise and model respectful behaviour; the importance of self-respect, courtesy and being polite.	The children will learn how choices can affect health; how to recognise healthy and unhealthy choices; habits linked to diet; what affects our Feelings and different ways feelings are expressed.	This topic teaches the children about hazards at home and in school; assessing and managing risk the importance of staying safe and how to be safe in the local environment and unfamiliar places.	In this topic, the children will learn about sharing content and personal boundaries online; safely responding to others comments and who to tell; finally, the impact of hurtful behaviour.	This topic teaches the children the reasons for rules and laws; examples of human rights; how they all have freedoms and responsibilities.	Children will understand about the different sectors of employment; challenge job stereotypes; set personal goals and understand how interests might link to careers.	Children will understand how the internet is used for leisure; assessing the authenticity of information online; how to make safe and reliable choices from searches and who to report worrying content to.
Year 4	In this topic, the children will learn to recognise the features of positive friendships; how to build these; appropriate conduct online; the risks in communicating with unknown people and how to report concerns.	This topic will teaches children about personal identity; recognising individuality and different qualities and ways to boost our mental wellbeing.	This topic teaches children to respect differences and similarities between people; discussing difference sensitively and recognise similarities they have with others.	Children will understand factors involved in maintaining a balanced lifestyle (physically and mentally); the impact of health on illness and treatment, and the importance of oral hygiene and dental care.	In this topic, children will be learn about medicines and household products; drugs common to everyday life; the risks and effects of these drugs; habits associated with drugs and how to seek support.	Children will learn how to respond to hurtful behaviour; managing pressure from their peers; recognise risks online and why it is important to share rather than keep secrets.	Children will learn about what makes a community; the benefits of having one and the people within it; how people support their community and how they show compassion and support others.	Children will learn about how people make decisions about money based on budget and needs; using and keeping money safe and how spending money has wider implications.	In this topic children will focus on having a digital footprint and how this can be used; how to be critical about factual content and adverts online and how information is organized based on popularity and the impact this can have.

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Year 5	Children will learn about managing friendships and peer influence; challenges within friendships; how friendship change over time; friendships that have a negative impact and how to seek support.	This topic teaches children about the physical and emotional changes in puberty; the menstrual cycle and products available external genitalia; the importance of personal hygiene routines in puberty and who to seek advice and support from with puberty.	In this topic, the children will learn to recognise the importance of treating others equally; what discrimination is and how to identify it; the impact of prejudice and how to challenge and report it.	In this topic children will focus on healthy sleep habits; sun safety when outdoors; medicines and allergies; the role of vaccinations and immunisations and the importance of hygiene in spread of bacteria and viruses.	Children will learn about Keeping safe in different situations, including responding In emergencies, first aid.	This topic teaches the children about physical contact and its appropriateness; the impact of unwanted physical contact; how to respond; when not to keep secrets and how to seek support.	In this topic, children will be learn about how resources are allocated nationally; protecting the environment; compassion towards other living things and how we spend money has an impact on the environment.	Children will learn about identifying job interests and aspirations; the impact of ambition on jobs; what influences career choices; workplace stereotypes and how to challenge them, and the different routes into work.	Children will learn about how information online is targeted; the different media types, their role online and impact on us.

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Year 6	In this topic, children will learn about loving relationships; gender identity and sexual orientation; qualities of loving relationships; civil partnership and marriage, and the importance of choice in marriage.	The children will learn about increasing independence as they grow up; managing the transition into secondary school; changes to the body during puberty; how the reproductive organs work and their correct names; male body functions; the menstrual cycle; conception and cell division; signs and symptoms of pregnancy; contraception; who can help and the health needs or baby and mother and the responsibilities of being a parent or carer.	In this topic, the children will focus on being a positive role model; expressing opinions and respecting other points of view, including discussing topical issues.	The children will learn about what affects mental health and ways to take care of it; managing change, including loss and bereavement; managing time online to maintain health and wellbeing.	This topic will focus on Keeping personal information safe, including images; regulations and choices linking to appropriate use and content in media; drug use and the law and the messages about drug use in the media.	Children will learn about recognising and managing pressure from others; what consent is and how to seek and give consent in different situations.	This topic teaches children about Valuing diversity and how to Challenge discrimination and stereotypes.	Children will learn about the role money plays in people's lives; influences and attitudes to money; the impact of money on emotions and health; money and financial risks.	This topic teaches the children about evaluating media sources and whether they have been manipulated; social media – age restrictions, regulations and risks; how online content can be manipulated to alter people's perceptions; about sharing things online and the laws and rules related to this.

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